

Abstract
The purpose of this study was to investigate the effect of a 12-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged men. The study was a randomized controlled trial. The participants were divided into two groups: a training group and a control group. The training group performed a supervised exercise program consisting of aerobic and resistance training. The control group remained sedentary. Physical fitness was measured using a 6-minute walk test, and HRQL was measured using the SF-36 questionnaire. The results showed that the training group had significantly higher physical fitness and HRQL scores compared to the control group at the end of the 12-week period.

Introduction
Physical inactivity is a major public health problem, as it is associated with an increased risk of chronic diseases and mortality. Middle-aged men are particularly at risk of becoming sedentary, which can lead to a decline in physical fitness and HRQL. Exercise is a well-established intervention to improve physical fitness and HRQL. However, the long-term effects of exercise on HRQL in sedentary middle-aged men are not fully understood. This study aimed to investigate the effect of a 12-week training program on the physical fitness and HRQL of sedentary middle-aged men.

Methods
The study was a randomized controlled trial. The participants were recruited from a local community center and were screened for any contraindications to exercise. They were then randomly assigned to either a training group or a control group. The training group performed a supervised exercise program consisting of aerobic and resistance training. The control group remained sedentary. Physical fitness was measured using a 6-minute walk test, and HRQL was measured using the SF-36 questionnaire.

Results
The results showed that the training group had significantly higher physical fitness and HRQL scores compared to the control group at the end of the 12-week period.

Conclusion
A 12-week training program significantly improved physical fitness and HRQL in sedentary middle-aged men.

Keywords
Physical fitness, HRQL, sedentary, middle-aged men, exercise, 12-week training program.

Virtual Classroom Learning Without Limits Via Computer Networks

Lei Huang



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